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City's Uber fight delayed

Ride-sharing. City spokeswoman says despite hoping for an injunction Tuesday, later date is 'still good news'



RYAN TUMILTY
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The city's fight with ride-share app Uber was delayed Tuesday, but the company will face a judge in just a few weeks.

Justice E.J. Simpson declined to hear the city's case because it was brought to a hearing usually scheduled for shorter matters. Simpson did find a relatively early date with the hearing, now scheduled for March 26. Previously, the city had been told a hearing could be delayed until December.

The city's lawyer Brad Savoury argued the city couldn't wait the time it will take to get a full-day hearing in court. "We need to have the matter heard as quickly as possible," he said.

While the city is developing

new rules to allow the service to operate, it wants it off the road until those rules are ready.

Uber's lawyer Neil Finkelstein said the city was trying to rush through the application.

"Uber has been operating since Dec. 18. The city understands there is no urgency," he said.

Toronto is seeking a similar injunction against the company and its application is scheduled to be heard over three days. Finkelstein said it was ridiculous to believe the same issues could be resolved in 20 minutes.

"(I have not heard) any evidence to show why it is more urgent here than in Toronto," he said.

After the hearing, city spokeswoman Cheryl Oxford said while they had hoped to get the injunction Tuesday, waiting three weeks was still a good solution.

"Having this heard on the 26th is still good news for us, because it's just a few short weeks away," she said.

She added the city would still be pursuing regular enforcement against the company.



PRO-LIFE DISPLAY UNDER FIRE

University of Alberta students braved the chilly temperatures Tuesday to protest against an abortion display at the main quad. See story, page 6.
LEAH HOLOIDAY/METRO

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Local filmmaker aims for the bright lights of Cannes

Festival. Crowdfunding is Lindsey McNeill's ticket to the big show, where she plans to promote her in-the-works movie and Edmonton itself



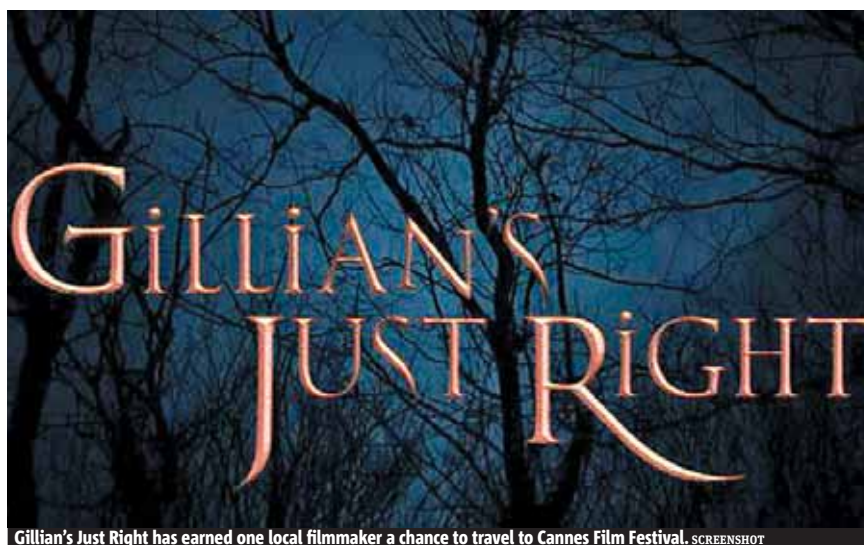
STEPHANIE DUBOIS
stephanie.dubois@metronews.ca

The image of blood on snow is just one of the captivating scenes in a movie that helped earn a Edmonton filmmaker a ticket to the prestigious Cannes Film Festival.

But first, Lindsey McNeill needs to get to France.

The filmmaker has turned to online crowdfunding to get her there so she can promote Gillian's Just Right and ultimately, Edmonton.

"Hollywood already has a good production scene. Edmonton is ripe for something like this and I want to help be part of it," she said.



Gillian's Just Right has earned one local filmmaker a chance to travel to Cannes Film Festival. SCREENSHOT

McNeill has already raised \$2,500, which is halfway to her goal to pay for flight and accommodations. McNeill says she's made it this far and it would be a shame to give up on filming now.

The plan is to get a pro-

ducer and financial support so McNeill and her crew can start filming in January of next year, Edmonton's prime winter season.

With a partial crew of Edmontonians already established and the wintery

scenes of Edmonton already placed in her screenplay, McNeill wants to get backers for the psychological horror she wants to keep local.

"There's no better place to keep horror in winter than in Edmonton," she said.

Quoted

"There's no better place to keep horror in winter than in Edmonton."

Lindsey McNeill

The film, which helped earn McNeill the esteemed Women in Film and Television Vancouver mentorship to help build upon her filmmaking skills, focuses on issues like mental illness and addiction, among other themes, she said.

McNeill is slated to portray the protagonist, who will feel the pressure of her family's legacy and suspect that she may be next to die in a series of grisly murders.

McNeill is optimistic producers abroad will show their support for the film, which first started as a Make Something Edmonton project.

"This isn't just about us, it's about the Edmonton community," she said.

Premier reaffirms plans to fill 'cracks' in finances



Jim Prentice METRO FILE

Premier Jim Prentice reaffirmed Tuesday that his government will stay the course in an effort to right its financial ship and maintain the province's strong credit rating.

"The truth is that the cracks in Alberta's fiscal foundations run deeper than is generally acknowledged," Prentice said in a speech to

the Calgary Rotary Club.

"Yes, we have a revenue problem, but we also have a spending problem. It has been overlooked for too long."

Prentice has not revealed a specific date to deliver the next budget, which he has said will also include a 10-year plan to insulate the government's revenues and day-to-day spending against wild

swings in oil prices.

He is forecasting a \$7-billion hole in the coming fiscal year, given that oil prices have been cut in half from a high of more than \$100 US a barrel last summer.

In recent weeks, Prentice and members of his cabinet have floated several ideas to raise revenue and cut spending, but have only committed

to not increasing corporate taxes or raising oil royalties.

At this point, despite dire predictions about Alberta being plunged into a recession, Prentice believes the province's pristine credit rating is safe.

"I'm not worried about it in the sense that if we do what we are recommending, we will be fine." **THE CANADIAN PRESS**



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What snow? Break out the patio chairs and umbrellas

Event. Restaurants and cafés across the city to give cold shoulder to Old Man Winter with weekend patio party

LUCY
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What's patio weather anyway?

In the city's ongoing effort to develop Edmonton's four-season patio culture, next weekend's second annual Farewell to Winter patio party is set to show that even chilly temperatures and a bit of the white stuff won't hinder sipping, dining or people-watching from a curb-side perch.

The city's winter city co-ordinator, Susan Holdsworth, said she hopes to equal or exceed last year's 50-odd participating venues, which will be equipped with blankets, seat cushions and heat lamps for the event, March 13 to 15.

As the city's only year-round outdoor patio, the Café



Patrons at Café Bicyclette enjoy the ambience of the winter patio — aided by a wood-burning fire, blankets and seat cushions. The Bonnie Doon-area restaurant is part of the Farewell to Winter Patio Party at cafés and restaurants across Edmonton March 13-15. LUCY HAINES/FOR METRO

Bicyclette (part of La Cité francophone) is a model of what a winter patio can be: A wood-burning firepit, heat

lamps and even a heated floor create a communal experience for patrons, according to La Cité executive director Daniel Cournoyer.

"There are challenges with winter elements — snow or rain — but as soon as we put logs on the fire, people come out, and they end up chatting around the fire," said Cournoyer, whose patio has even featured a berm of snow

and spruce trees to create a cozy outdoor nook.

The iconic patio at the Fairmont Hotel Macdonald will be decked out with food, a signature cocktail and a fire-and-ice theme next Saturday evening — fitting for what hotel sales and marketing director Steven Walton calls "the best downtown garden and patio footprint."

While the patio party at

the Fairmont Hotel Macdonald is a ticketed event, Walton said long-term plans include adding a small ice rink out back for all to enjoy. "The patio has a resort-like feel, and the public really owns this property. Let's winterize it," he said.

See all participating venues for the Farewell to Winter Patio Party at exploreedmonton.com.

Economy. City to feel oil pain, but will cope: Forecast

Edmonton should weather the storm, but it shouldn't expect to stay dry, according to a new economic forecast city councillors received Tuesday.

Councillors got an update from chief economist John Rose, who told them the city would see growth next year, but it would be a lot less than what Edmonton has become accustomed to. "People are really going to feel this," he said. "It may not be a recession, but for a lot of people it's going to feel like one."

Rose said there's a risk the province cuts grants to the city, but the city would also be in trouble if there were layoffs in the civil service, health care or education, with approximately 22 per cent of employment linked to those activities.

Coun. Ben Henderson said with so many projects going on in the city, there's an opportunity for Edmonton to continue to grow in spite of a downturn in energy prices.

But he said much of that's in the province's hands. "I just really hope what the province does doesn't undermine what is looking like pretty stable growth," he said.

Coun. Mike Nickell said he hopes the province moves swiftly on a budget so the city can plan. "We need to get the election over with. We need some certainty," he said.

RYAN TUMILTY/METRO

Quoted

"Think of it like après-ski in the mountains. It can be beautiful to sit at an outdoor café in the sunshine — even on the last official weekend of winter."

Susan Holdsworth, City of Edmonton winter city co-ordinator

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Pro-life vs. pro-choice at U of A



Students hold up signs, protesting an abortion display at the University of Alberta campus Tuesday. LEAH HOLOIDAY/METRO

Protest. Students question Dean's decision to allow Go Life event

LEAH HOLOIDAY
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The line in snow was drawn Tuesday as a pro-life display was met by fierce criticism from students at the University of Alberta.

Just after 9 a.m., students, decked out in rainbow flags and carrying bright posters rallied to the campuses main quad to protest Go Life — a student group that planned to show images from the Canadian Centre for Bio-Ethical Reform over two days in the area.

Protest organizer Zoe Chaytors said since Go Life first posted notices about the event, warning students it could act as a “trigger,” the issue has swept campus, because it forces some to avoid certain areas.

“Avoiding a particular space on campus because it's unsafe is, in our opinion, not an appropriate way to go about things,” she said.

Chaytors said there needs to be a balance of freedom of expression and respect on campus.

“If something is that graphic that it can cause psychological harm, then maybe it's best it is in an enclosed tent or a classroom and students can choose if they want to engage with that material,” she added.

U of A student union VP Nicholas Diaz said students are particularly upset with administration and how the planning of Go Life's display, which fell smack dab in the middle of Pride Week.

“At no point did anyone say that they couldn't voice their opinions, that they can't have the position that they do. It's just the matter in which it's presented,” said Diaz.

Diaz questioned if the Dean of Students followed campus guidelines when ap-

Quoted

“If something is that graphic that it can cause psychological harm, then maybe it's best it is in an enclosed tent or a classroom ...”

Protest organizer Zoe Chaytors

proving this event.

“They have advised groups to cease their events or move their promotions for much, much less. In this situation, it's disappointing that they seem to have missed the point,” he said.

The U of A released a statement online, notifying students it will be keeping an eye on the event.

“The university will be monitoring this event to ensure that a reasonable balance is struck between the rights of Go Life as well as the rights of other students and members of the university community,” read the statement.

Student uses her experience to speak out for choice

Five years after her abortion, University of Alberta student Stephanie Ibsen felt like she had moved on in private, but it wasn't until she came face-to-face with pro-life posters scattered across campus that she decided to take her experience public.

The 28-year-old was just one of the many demonstrators rallying Tuesday at U of A's main quad, to protest the university's pro-life group Go Life and their abortion display.

“Personally, I never thought I would talk about

Quoted

“Someone has to be a voice for the women who are too shamed and are too impregnated in the social stigma to speak for themselves.” Stephanie Ibsen

it,” Ibsen said Tuesday in the middle of the protest.

“I've shared it with people in my life — my friends, my family — but it's always been on my terms because it's shamed and you're not supposed to talk about it.”

Ibsen said she was shocked to see posters across

campus warning students of the possible “trigger” effects of the display, but mostly disappointed that something like this would happen on a university campus.

“It really bothers me that the administration was so vehemently behind freedom of expression, but nobody

thought how it would affect women who have terminated pregnancies, women who have been victims of sexual assault and have had to have an abortion, women who have miscarried,” said Ibsen, who had her abortion when she was 23.

Decked with her own sign, reading: Unconditional acceptance for all choices, pro-choice, pro-woman, pro-child, Ibsen said she hopes she can speak for women who aren't ready to share their own experience.

LEAH HOLOIDAY/METRO



U of A student Stephanie Ibsen. LEAH HOLOIDAY/METRO

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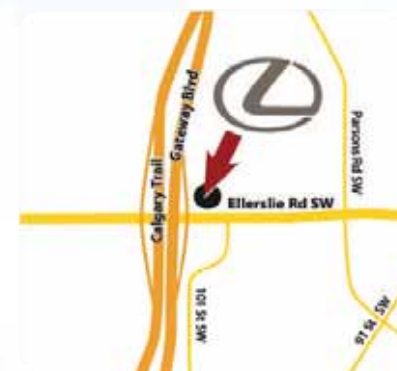
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Changes coming to 107 Avenue

Safety. Draft plan includes continuous sidewalk, shared-use path on street some feel is 'risky' to travel along



STEPHANIE DUBOIS
stephanie.dubois@metronews.ca

As part of his regular route for 18 years, crossing parts of 107 Avenue became a familiar occurrence for cyclist Allan Schweetz. But he still considers the area "borderline."

"Once you get from the traffic circle heading further east along 107 Avenue, there's a lot of interruptions and it's a bit risky. Where it's worst is when you go west and it's designed more of like a freeway ... that's



The 107 Avenue corridor is in need of some pedestrian support, something the city recognizes in a new draft plan. STEPHANIE DUBOIS/METRO

city-conducted survey.

City officials held an open house Tuesday night to show the changes that were made based on some of the suggestions made by Edmontonians in the almost two-year old survey and a public hearing. The city is attempting to get ahead of the future traffic impacts the corridor will face once the west end portion of the LRT is constructed.

One of the changes in the draft plan for pedestrians will be a continuous sidewalk and shared-use path on either side of 107 Avenue with bus stop connections.

"People were looking to improve facilities for people who cycle and walk in the area," said Catherine Kloczkowski with the city.

The final concept plan will be finalized this spring, but the project presently has no dollar amount attached to it.

where it is difficult and hazardous," he said.

The sentiment was one shared by other Edmontonians who also consider one of the major corridors linking downtown to the west end dangerous for pedestrians, according to a 2013

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Anibal Garcia with FIBA and Verity Higgins make the draw for the FIBA tournament this summer at City Hall Tuesday. RYAN TUMILTY/METRO

Canada prep for tough competitor

FIBA. Tournament set for August



RYAN TUMILTY
ryan.tumilty@metronews.ca

Canada will face off against the Dominican Republic, Cuba, Chile and Puerto Rico when Edmonton plays host to the FIBA Americas Women's championship this summer.

The draw for the event was held Tuesday at City Hall and after the teams had been sorted into two groups, as the home team Canada was able to pick its competitors.

The other group includes the U.S. Virgin Islands, Argentina, Ecuador, Venezuela and Brazil.

Canada Basketball's executive director Michele O'Keefe said with Cuba having won the tournament in 2013 they wanted to face that team early on.

"Our senior women wanted to make sure we played them in the first round and had that game under our belt," she said.

The tournament, which will take place at the Saville

At a glance

- The last time Canada hosted the event was in 1995 in Hamilton, Ontario and the team won gold.
- With the draw finalized, a schedule and ticket information is set to be released soon.

Centre from Aug. 9 to 15, is an Olympic qualifier with the winning team getting an automatic berth at the Rio Games in 2016.

Anibal Garcia, FIBA's sport director, said they were excited to bring the tournament to Canada and he believes the home team has a very good shot of winning.

"Canada normally is one of the top three teams in our zone," he said. "The fact that they are at home, that should be a benefit for them, but you have to play on the court."

O'Keefe said she believes her team is ready to compete at this level.

"You have to plan for success and I think our women's program has done a really good job of that," she said.

New degree meets growing need for cancer care

Education. Inaugural class of radiation therapy program will graduate in 2018

LUCY
HAINES
edmonton@metronews.ca

The early numbers are small, but the goals are anything but that for the University of Alberta's new degree program in Radiation Therapy.

Five students have embarked on the four-year program — one of just a handful of its kind across Canada

— training to deliver critical radiation treatments to cancer patients, and embracing the opportunity for further academic training and research in coming years.

The program made quick tracks from just a proposal in 2011 to opening its doors to students for the 2014-2015 academic year. Part of the Faculty of Medicine and Dentistry's Department of Oncology, the radiation therapy degree is already internationally competitive, according to faculty dean Richard Fedorak.

"Our graduates will benefit from the most comprehensive training available today," said Fedorak. "They

Quoted

"(Graduates) will go on to become confident, compassionate health professionals — among the very best in the world at what they do."

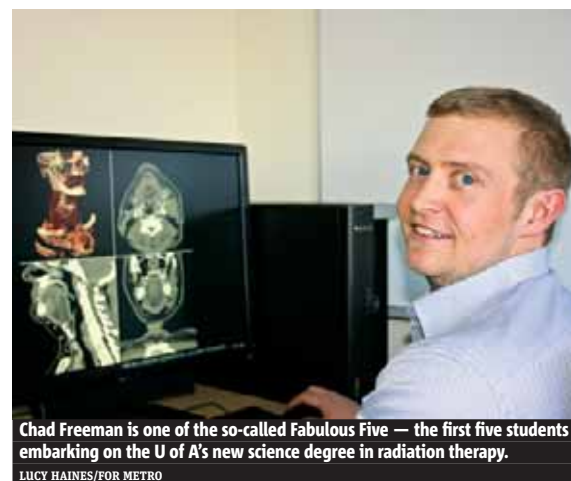
Richard Fedorak, dean of U of A's Faculty of Medicine and Dentistry

will go on to become confident, compassionate health professionals — among the very best in the world at what they do."

B.C. native Chad Freeman, 25, said he feels lucky to be part of a new program. "I've never had so much one-on-one experience in my life. It's more than what I expected, being part of an advancing field."

Using a broad-based, cancer sciences educational approach, the new degree will offer clinical training at the Cross Cancer Institute. The program plans to enroll 15 students next year, and up to 25 in subsequent years.

For more local news, visit metronews.ca



Chad Freeman is one of the so-called Fabulous Five — the first five students embarking on the U of A's new science degree in radiation therapy.

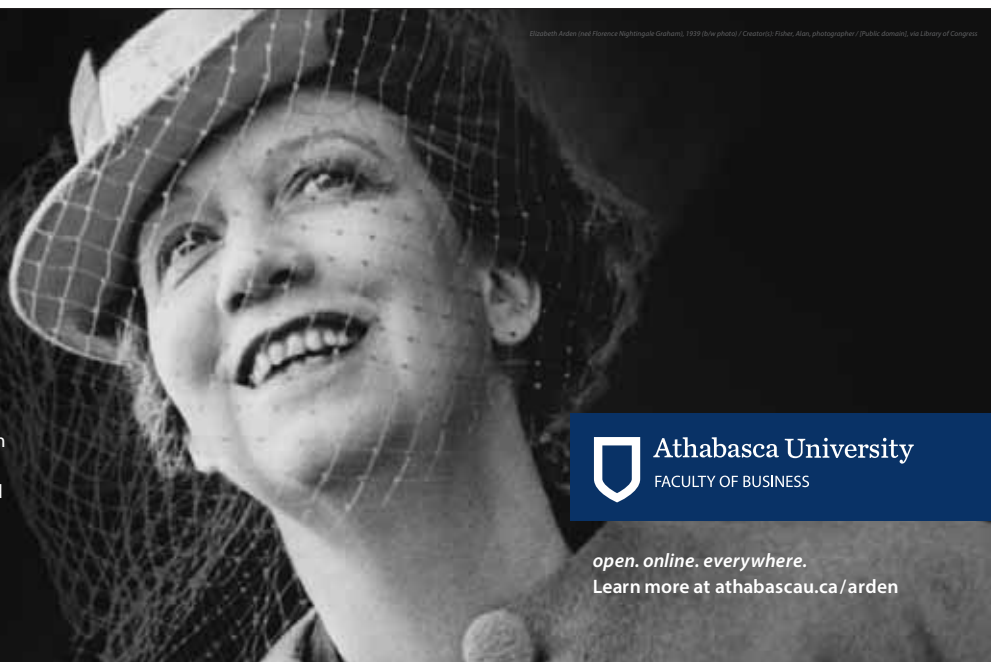
LUCY HAINES/FOR METRO

"Our only limitations are those which we set up in our own minds."

Elizabeth Arden: Self-Made Maven

In a time when women dare not wear make-up or run their own businesses, Elizabeth daringly did both. She was not a trained chemist, yet she pioneered the concept of scientifically formulating cosmetics. She was not a business graduate, yet she created a global empire. Curiosity and drive were her teachers; the world, her classroom.

We think Elizabeth would have simply adored AU, giving people all over the world the chance to make their mark, on their terms, in their time. Beautiful.



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Lawyer pleads for mercy for Baby M's mother

The lawyer for an Edmonton mother says she should be given a "merciful sentence" for abusing and starving her twin girls.

Paramedics found the emaciated two-year-olds at their home in 2012 and one of them later died in hospital.

The house was stocked with food and the twins' four-year-old brother was healthy.

The 37-year-old mother, who can't be named, pleaded guilty to manslaughter, aggravated assault and failing to provide the necessities of life.

Father's sentence

15 years

The father pleaded guilty to the same charges. Court heard he did not physically harm the twins but did nothing as they suffered. He was sentenced to 15 years.

She has admitted that she didn't provide the girls with adequate food and assaulted them over a prolonged period of time.

Her lawyer, Daryl Royer, did not give a sentence recommendation, but said sim-

ilar cases show a range of 7 1/2 to 16 years in prison.

The Crown has asked that the woman get 23 to 25 years.

Royer said that although the mother may be an educated woman, "a third-world education is little education at all."

He suggested the crime does not call for a sentence at the high range of the scale.

"She does love her children and she does miss them," he said in court Tuesday as the mother wiped away tears.

THE CANADIAN PRESS

Municipal politics

Voting online moves step closer

The city will ask the provincial government to consider allowing online voting in the next municipal election.

Without debate, councillors passed a resolution calling for the mayor to make that request to the province. Last week the committee reviewing the idea had been deeply split.

Coun. Dave Loken, who voted against it last week, said asking the province for the change does not mean the city would necessarily use it.

"It's just a letter," he said. "It would have to come back to council in any event." RYAN TUMILTY/METRO

City hall. Councillors finalize smoking ban for Churchill Square

In a split vote, Edmonton councillors finalized a smoking ban for Churchill Square Tuesday.

After several debates throughout the process, council passed the ban 7-6.

City staff have promised they will be restrained in their enforcement efforts, but several councillors worried it would push people out of the square.

"We built the square for people to use. We built the square for people to sit," said Coun. Ben Henderson.

Coun. Michael Walters, who proposed the ban, said

Quoted

"We built the square for people to use. We built the square for people to sit."

Coun. Ben Henderson, who voted against the smoking ban in Churchill Square

he wants the square to be a comfortable place for families.

The Churchill Square smoking ban officially goes into effect on April 15.

METRO

Soldier's suicide report expected

Mental health.

Cpl. Stuart Langridge hanged himself after struggling with drug and alcohol addiction as well as PTSD

Military suicides

In 2014, there were 19 suicides in the Canadian military, according to recently released figures.

- That's one of the highest levels in the last decade, surpassed only by 22 suicides in 2009 and 25 in 2011 — the final year of Canada's combat mission in Kandahar.

Nearly seven years to the day a troubled young soldier killed himself on an Edmonton base, a report into whether the military police botched the investigation into his death will finally be released.

The publication of the Military Police Complaints Commission report next Tuesday is the latest but not the last step on a very long road for the family of Cpl. Stuart Langridge.

The veteran of the wars in Afghanistan and Bosnia was 28 when he hanged himself on March 15, 2008, after struggling with drug and alcohol addiction and what was later believed to be post traumatic stress disorder.

Three military investigations were held into the circumstances surrounding his death and what happened afterwards, inquiries the family alleged were all biased toward exonerating the Canadian Forces.

They filed a formal complaint with the Military Police Complaints Commission and the agency agreed in 2011 to hold a hearing, arguing that the issues struck at the very heart of the ability of military police to do their job.

"If these allegations are substantiated the implications are of profound significance," the

head of the commission, Glenn Stannard, wrote at the time.

The subsequent hearing ran for more than 60 days and heard from nearly 100 witnesses before wrapping up in January 2013.

Among other things, the commission heard that at the end of one stint in psychiatric care, the young soldier told a doctor he'd rather die than return to his base.

He was sent back anyway and killed himself 10 days later.

The military argued it did everything it could for Langridge and blamed his problems on substance abuse.

His mother and stepfather, Sheila and Shaun Fynes, maintain he was the casualty of a culture that didn't take mental health issues seriously.

The complaints commission report will examine each of the allegations made by the Fynes and make recommendations.

But since it deals specifically with the actions of military police, broader questions will remain, said the lawyer representing the family.

THE CANADIAN PRESS

Canada Post. Union says ending home delivery is unconstitutional

The union representing Canada's postal workers wants the Federal Court to declare the cancellation of home mail delivery unconstitutional and a violation of the federal Charter of Rights and Freedoms.

Canada Post employees announced last October they would take the Crown corporation to court over the cost-cutting plan to end delivery and install community mailboxes across the country.

The union's court filing is signed by six other organizations representing retired and handicapped citizens.

The groups say eliminating home delivery discriminates against the elderly as well as people with mental and physical handicaps because it limits their access to a public service.

Union president Denis Lemelin said he is willing to take the case to the Supreme Court of Canada if need be.

The union represents 54,000 workers and says the cancellation of home delivery will eliminate up to 8,000 jobs.

Canada Post has yet to reply to the union's court filing.

THE CANADIAN PRESS



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CSIS warns of online anti-Islam movement

Homegrown. Spy agency has characterized threat as 'ongoing risk'

Canada's spy agency is eyeing the threat of a homegrown anti-Islam movement spreading online.

The Canadian Security Intelligence Service advised the office of Public Safety Minister Steven Blaney of its concerns during a secret September briefing. CSIS flagged well-known warnings of the persistent men-

ace posed by terrorist groups al-Qaida, Hezbollah and the more violent and radical Islamic State of Iraq and the Levant, or ISIL, say notes obtained through the Access to Information Act.

But under the heading Domestic Extremism, the spy service also underscored what might be the flip side of that coin — the recent development "of a Canadian online anti-Islam movement, similar to ones in Europe." CSIS characterized it as an "ongoing risk."

The Sept. 18 briefing for Blaney's office came a little more than a month before sol-

diers were killed in Canadian attacks just two days apart. After the killings, there was vandalism of mosques in Ottawa and Cold Lake, Alta., threats against the B.C. Muslim Association and an increase in reports of public bullying and harassment of Muslims. But CSIS is likely interested in the kind of anti-immigrant, anti-Islam sentiment that has taken root in parts of northern Europe, said Lorne Dawson, a University of Waterloo sociology professor and co-director of the Canadian Network for Research on Terrorism, Security and Society. **THE CANADIAN PRESS**



Dandy sets her sights on giving comfort

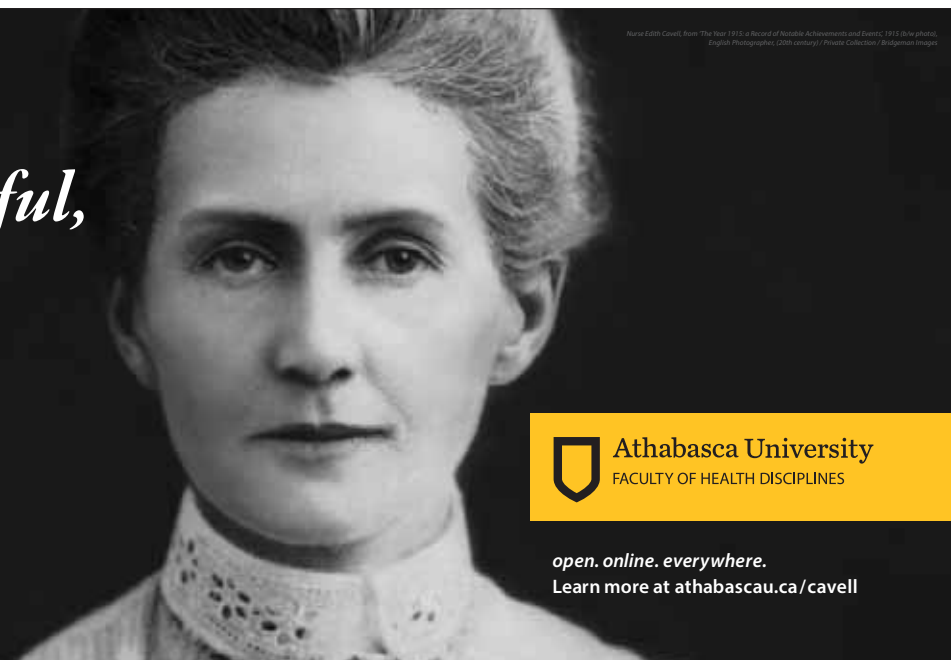
Dandy, a Labrador puppy, poses with attendant Heather Guthrie at A Leg Up Pet Services on Tuesday. Dandy is the newest addition to Toronto's Victim Services, a non-profit organization that works with police to aid people who have experienced traumatic events. After she's trained, a process that will take several months, Dandy will become the third trauma dog in Canada to work with police. Her role will include comforting victims of violence and sexual assault plus those who have experienced the death of a loved one through tragic circumstances. **TORSTAR NEWS SERVICE**

"Someday, somehow, I am going to do something useful, something for people."

› Edith Cavell: Courageous Caregiver

Hailed as a brave martyr and a pioneer of modern nursing, Edith was a surprising 30 years old before she embarked on her medical training. In fact, it wasn't until helping restore her father to health that she resolved to take up nursing as a career, and went down in history as a life-saving patriot without discrimination.

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Three released after potential mall threat

Halifax police have released two men and a woman who were arrested after a mall in the city chose to close Tuesday morning over potential threats, although police were not able to confirm if the threat was valid.

Police said in a release Tuesday night that the three were co-operative and it's not believed they were involved in the matter. They were not charged. After the arrests were made about 10 kilometres from the Mic Mac Mall, police said they had not confirmed a valid threat.

The mall said it would be

Schools

Halifax Regional School Board placed two of its schools on "hold and secure" because of police operations, but restrictions were lifted by mid-afternoon.

open for business on Wednesday morning.

Shortly after the mall closed, police blocked Everett Street in another section of Dartmouth but later reopened it to traffic after they found nothing of interest.

The investigation at the mall comes a little more than two weeks after two people were charged with conspiracy to commit murder at the Halifax Shopping Centre in an alleged Valentine's Day plot that police say could have resulted in mass casualties.

Police say they received information about the potential threat to the Mic Mac Mall at 9 a.m. The mall announced it was closing for the day about two-and-a-half hours after police were made aware of the potential threat.

THE CANADIAN PRESS

Top soldier Gen. Lawson announces retirement

The country's top military commander says he will step down later this year.

Gen. Tom Lawson, who has been chief of defence staff for two-and-a-half years, ended a day of speculation late Tuesday night by confirming he has asked the government not to extend his term in the fall.

"I have informed the government that I would like to retire at the end of my three-year tenure as Chief of the Defence Staff," Lawson said in a statement.

"Serving Canada while leading the men and women of the Canadian Armed Forces has been the greatest honour and privilege in my 40 years of ser-



Gen. Tom Lawson **THE CANADIAN PRESS**

vice in uniform. There is much work to be done, and I remain focused on my duties as Chief of Defence. I will do so until a replacement is named."

Officials at National Defence spent much of Tuesday avoiding questions about Lawson's future after a published report said he was on the way out.

Defence sources say his departure has been in the works since late last year and the process kicked into a higher gear after the latest list of promotions and retirements was released a few weeks ago.

Interviews have apparently been conducted with four candidates to replace him, the sources say.

It will be up to Defence Minister Jason Kenney to send a recommendation to the prime minister. **THE CANADIAN PRESS**

Netanyahu assails nuclear-Iran deal

Congress. U.S. President Obama pushes back against Israeli prime minister's comments

Israeli Prime Minister Benjamin Netanyahu told Congress on Tuesday that an emerging agreement between Iran and the United States would all but guarantee that Tehran gets nuclear weapons and would be a very bad deal, drawing an extraordinarily blunt rebuttal from President Barack Obama.

Netanyahu said "Iran has proven time and again that it

Quoted



"The greatest danger facing our world is the marriage of militant Islam with nuclear weapons."

Israeli Prime Minister Benjamin Netanyahu

cannot be trusted," no matter what it says about permitting verification of the terms of any accord designed to prevent it from getting a nuclear bomb.

"The greatest danger facing

our world is the marriage of militant Islam with nuclear weapons," he said in remarks before a packed House chamber that drew loud applause from Republicans and a more restrained reaction from Democrats, in an appearance that has stirred political controversy in two countries.

Obama saw it differently, and said so from the White House. He said that the Israeli leader offered no "viable alternatives" to the nuclear negotiations with Iran and that the prospect of an agreement had already resulted in a freeze and rolling back of Iran's program.

THE ASSOCIATED PRESS



Thousands forced out after volcano erupts in Chile

The Villarica volcano erupted near Pucón, Chile, early Tuesday. The volcano spewed heavy smoke into the air as lava surged down its slopes, prompting authorities to evacuate the area of thousands of people. Local media showed images of the volcano bursting at the top, glowing in the dark amid heavy smoke and rivers of lava. ATON CHILE/THE ASSOCIATED PRESS

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Los Angeles. Homeless man killed by police was ex-con

A homeless man killed on Skid Row by Los Angeles police had been released last May from a federal prison after serving roughly 14 years for bank robbery, a law-enforcement official said Tuesday.

The man was identified as Charley Saturmin Robinet by the official, who had been briefed but was not authorized to speak publicly about the investigation and spoke on the condition of anonymity.

Robinet was a French national who was convicted in 2000 of three federal charges for holding up a Wells Fargo branch and pistol-whipping an employee to pay for acting classes at the Beverly Hills Playhouse.

Federal prison records

show he was released on May 12.

Robinet, who acknowledged being an illegal immigrant, was arrested along with an accomplice and a getaway driver after they tried to rob the bank.

Robinet was killed Sunday after a confrontation with police. Authorities say he tried to grab a probationary officer's gun and three officers fatally shot him.

The three officers who fired their weapons in a videotaped struggle that left a homeless man dead were veterans of the Skid Row beat who had special training to deal with mentally ill and other people in the downtrodden area, police leaders said.

THE ASSOCIATED PRESS

Ferguson. Justice Dept. finds patterns of police racial bias

A U.S. Justice Department investigation found sweeping patterns of racial bias within the Ferguson, Mo., police department — with officers routinely discriminating against blacks by using excessive force, issuing petty citations and making baseless traffic stops, according to law-enforcement officials familiar with the report.

The report marks the culmination of a months-long investigation into a police department that federal officials have described as troubled and that commanded national attention after one of its officers shot and killed an unarmed black man, 18-year-old Michael Brown, last summer.

It chronicles discriminatory practices across the city's criminal justice system, de-

tailoring problems from initial encounters with patrol officers to treatment in the municipal court and jail.

The full report could serve as a road map for significant changes by the department, if city officials accept its findings.

The Justice Department investigation found that black motorists from 2012 to 2014 were more than twice as likely to be stopped and searched as whites, even though they were less likely to be found carrying contraband, according to a summary of the findings.

The review also found that blacks were 68 per cent less likely than others to have their cases dismissed by a municipal court judge.

THE ASSOCIATED PRESS

Boston bombing. Trial to recount graphic details

In the two years since twin bombs tore through crowds at the Boston Marathon finish line, the case against suspect Dzhokhar Tsarnaev has focused on arguments over where his trial should be held, who should sit on the jury and what evidence prosecutors should be allowed to use.

But starting Wednesday, a day after a jury was selected, the focus will shift dramatically from the legal process to the harsh reality of what happened that day: the explosions, the screams, the chaos and the blood.

Prosecutors are expected to present graphic images of the carnage caused by the bombs, including a surveillance video that authorities say shows Tsarnaev

placing a backpack just feet from eight-year-old Martin Richard and his family. The boy died in the explosion.

The bombs set April 15, 2013, killed three people and injured more than 260. At least 16 people lost limbs.

"When people start streaming into that courthouse — many with missing limbs — and the prosecutors get up off their chairs and start talking about this again, people are going to relive the enormity and the awful nature of this," said Gerry Leone, a former state and federal prosecutor who led the prosecution of shoe bomber Richard Reid but is not involved in the Tsarnaev case.

THE ASSOCIATED PRESS

FCC head says Internet needs referee

Net neutrality. Last week's U.S. decision expected to trigger lawsuits from broadband providers

The head of the United States' Federal Communications Commission is taking the defence of new Internet regulations on the road.

Speaking at the Mobile World Congress wireless show in Barcelona, Spain, FCC chairman Tom Wheeler said Tuesday that "there needs to be a referee" for the Internet.

The FCC's vote last week approved "net neutrality" rules that prevent Internet providers such as Comcast

and Verizon from slowing or blocking Web traffic or from creating Internet fast lanes that content providers such as Netflix must pay for.

Broadband providers and Republicans have been critical of the new rules, and the FCC's decision is expected to trigger industry lawsuits that could take years to resolve.

Verizon has criticized the FCC for basing the new rules on a 1934 law. Wheeler said that the agency "modernized" the old communications legislation, leaving out parts that don't apply to today's Internet. He said that approach has worked well for wireless carriers.

The FCC approved the new rules by a 3-2 vote. One of the dissenting commis-

New Internet rules

"This is no more regulating the Internet than the First Amendment regulates free speech in our country."

FCC chairman Tom Wheeler

sioners, Ajit Pai, said the new rules are unpredictable, a situation which could make Internet providers less willing to come up with new services.

Wheeler said the rules are not intended to block innovation. He said that the agency did not want to impose broad, restrictive rules on the industry but would look at business practices on

a case-by-case basis. He said that there will be no rate regulation and that the rules won't hurt network operators' revenue streams from consumer services.

AT&T has said the rules politicize the Internet. President Barack Obama and many Democrats approve the new regulatory approach. Although Republicans have said they support an open Internet, they want a different approach.

Wheeler did not specifically address the political aspect of the decision, but said "the people against it spawned all kinds of imaginary horrors. This is no more regulating the Internet than the First Amendment regulates free speech in our country." **THE ASSOCIATED PRESS**



Tom Wheeler, chairman of the Federal Communications Commission, speaks Tuesday on the impact of recent telecommunications regulation in the U.S. MANU FERNANDEZ/THE ASSOCIATED PRESS



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Sex discrimination case. Billionaire denies venture capital firm is run by men

A prominent Silicon Valley venture capitalist who helped direct early investments in Google and Amazon said Tuesday during testimony in a high-profile sex discrimination lawsuit that his firm is not run by men and has many female senior partners.

John Doerr took the stand in San Francisco Superior Court in the lawsuit against venture capital firm Kleiner Perkins Caufield & Byers — a case that has sparked debate over the treatment of women in the high-tech and venture capital fields.

The plaintiff, Ellen Pao, says she was denied a promotion at the company because she is a woman and was fired

in 2012 after she complained. Her attorney, Alan Exelrod, has argued Kleiner Perkins had a male-dominated culture where his client received a book of erotic poetry from a male senior partner and experienced retaliation by a male colleague after she broke off an affair with him.

Doerr — a billionaire and partner at the firm, which also counts former U.S. vice-president Al Gore among its partners — said he did not recall telling an investigator that women were at a disadvantage at Kleiner Perkins because of the sheer number of men who dominate the venture capital industry.

THE ASSOCIATED PRESS

Wireless show. BlackBerry unveils four new phones

BlackBerry will launch four new smartphones this year and a new package of cross-platform applications as it continues its "philosophical" shift to making software.

The struggling company unveiled its BlackBerry Leap phone at the Mobile World Congress wireless show in Barcelona on Tuesday. The "low- to mid-" market phone will go on sale in Europe in April. Three more phones will follow.

CEO John Chen says that since he took over a year and a half ago BlackBerry is now "committed to making software as a business. That statement carries a lot."

BlackBerry will roll out BlackBerry Experience, a set of three software packages focusing on security and com-

munications for business and government customers over the next year.

Chen says BlackBerry is "stabilizing" financially, without presenting figures.

THE ASSOCIATED PRESS

Apple's remote presence

Apple Inc. isn't at the Mobile World Congress show this week, but is making its presence felt, as new phones are inevitably compared with iPhones. Apple is turning over a large portion of its home page, along with billboard and print ads, to photos from its Shot on iPhone 6 campaign to show that people can take quality images with iPhones.

Cellular service

10 carriers bid for wireless spectrum

Industry Minister James Moore says results of the latest auction of wireless airwave licences will be unveiled Friday.

Ten cellular service carriers submitted their bids for the so-called AWS-3 long wave spectrum by the Tuesday deadline in the

first of two contests Ottawa has scheduled for this year. Another block of the "invisible infrastructure" that transmits wireless information is to be sold off in April.

Moore reiterated that the auction sets aside 60 per cent of the spectrum for carriers having less than 10 per cent of national market share.

TORSTAR NEWS SERVICE

Market Minute

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Dow Jones: 18,203.37 (- 85.26)

TSX
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OIL
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GOLD
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VOICES

HOLISTIC MEETS WESTERN MEDICINE IN CANADA



STEPHANIE ORFORD
readers@metronews.ca

With all the noise around declining vaccination rates recently, you could be forgiven for thinking Canadians were developing a serious distrust in modern medicine.

This is simply not the case, and don't let a fringe minority convince you otherwise.

Yes, alternative medical treatments are on the rise in Canada, according to the Public Health Agency of Canada, but we like our conventional medicine, too. The truth is that most Canadians are pretty happy with the medical care they get. Farah Shroff, an adjunct professor at the University of British Columbia Faculty of Medicine who researches holistic approaches to health, said her surveys of Canadian patients show more than 90 per cent deeply trust their family doctors.

A major reason for the high level of satisfaction may be that the Canadian medical profession is constantly adapting its standards and approaches to emerging research and patients' needs. The profession's approach to alternative medicine demonstrates its adaptability.

When it comes to alternative medicine, most Canadians are having their cake and eating it too, complementing their conventional treatments with alternative ones, said Shroff.

"People are looking to be healthier, and that's why they go to naturopathic doctors. It's in



With anti-vaxxers making so many headlines recently, it may seem as though Canadians are ditching modern medicine, but the evidence suggests they are actually just supplementing it with alternative therapies. **ISTOCK**

addition to, not replacement of," she explained.

More than 70 per cent of Canadians use some form of complementary and alternative medicine (CAM), including acupuncture, naturopathy and massage therapy. According to a 2012 study, people most commonly used alternative therapies to treat back pain, depression, insomnia, headaches, and gastrointestinal illness.

More Canadian mothers-to-be are turning

to alternative birth methods of one form or another, such as self-hypnosis (called hypnobirth) to avoid the use of pain medication.

Home births in Ontario have increased by 23 per cent over five years. And good luck trying to make a same-day appointment with a massage therapist or acupuncturist, said Shroff. They're all booked up due to strong demand.

Canadian doctors have responded and

adapted. For the past 15 years, Canadian medical students have been taught about alternative medicine — not how to practise it, but how to provide informed advice and conventional treatment for the increasing number of patients that use it alongside modern medicine.

An initiative out of the University of Saskatchewan called the Complementary and Alternative Medicine in Undergraduate Medicine Education Project, helps Canadian medical students learn about the issues around patients use of alternative medicine. The initiative emphasizes how important it is for doctors to discuss their patients' alternative treatments with them in an informed and non-judgmental way.

Some alternative treatments are admittedly based on scant evidence (I'm looking at you, homeopathy), but instead of dismissing them outright, Canadian medical professionals are being taught how important it is to listen to their patients and give informed advice.

Those strong doctor-patient relationships make Canadian medical care understanding and flexible, a far cry from the us-versus-the-system view that anti-vaxxers and other small groups shout about.

They help ensure Canadians are informed and safe, whatever treatment they ultimately decide to take.

Stephanie Orford is a writer based in Vancouver.

Health Canada offers reader feedback to vaccine queries

Metro compiled some of the common vaccine-related concerns we've received from readers and forwarded them to the national public health organization for insight and feedback. Here's what they had to say:

'Vaccines contain dirty ingredients'

Vaccines undergo several stages of rigorous testing to ensure their safety and effectiveness before they are approved for use. Vaccines are highly purified products, the main ingredient is an immunogen, the killed or weakened germ. It is meant to stimulate the immune system to recognize and prevent future disease.

Vaccines usually contain sterile water or salt solution, and may contain the following:

- **Adjuvants** — help vaccines work longer.
- **Preservatives** — keep multi-dose vials sterile.
- **Stabilizers** — maintain quality during storage.
- **Antibiotics** — prevent bacterial growth.

'Vaccines can kill'

The World Health Organization estimates that every year, more than two million deaths are prevented worldwide due to immunization.

Vaccine-associated deaths are extremely rare in Canada, most often related to a severe allergic reaction such as anaphylaxis. However, anaphylaxis can also result from antibiotics used to treat the vaccine-preventable disease.

If an unvaccinated child catches the real disease in Canada, the result can be serious, or even fatal.

This is because active germs multiply quickly, and your child's immune system is not prepared to defend itself.

'The schedule compromises kids' immune systems'

Currently recommended vaccines are highly purified and usually have much less risk for adversely affecting a child's immune system than the natural infection.

The vaccines recommended for children use only a small portion of the immune system's "memory." Research shows that your child's immune system can easily handle more than one vaccine safely and effectively.

Only vaccines shown to be safe and effective given together are given at the same time. Giving several vaccines at one time keeps children safe by protecting them against more diseases.

'My child got autism after vaccination'

Vaccines are sometimes blamed for conditions that are poorly understood. A child's first year of life is a time of tremendous development, and a time when serious problems may start to appear. It is also the time when most vaccines are given, but this does not mean that vaccines cause these problems.

Many of our vaccines have been in use for decades with no evidence of long-term adverse effects.

Some claim that vaccines cause autism, seizure disorders, multiple sclerosis or Crohn's disease, among other health problems. These connections have never held up to scientific scrutiny.

'The risk isn't worth it'

Unvaccinated children have a much greater risk of having a complication from the natural infection than the rare risk for a serious adverse reaction from the vaccine.

With any medicine, there is always a small chance of an allergic reaction. True anaphylaxis reactions are rare (one in 100,000 to one in a million doses) but are reversible with proper treatment.

The reactions usually start shortly after immunization is received. For this reason, a nurse or doctor will need to watch your child for 15 to 30 minutes after receiving a vaccine. Stay in the clinic for that period of time and watch for signs of a reaction.

'If vaccines are so effective, why do people still get sick?'

Vaccines work very well, but they aren't 100 per cent effective. In countries where vaccination rates are high, disease rates are low. In countries where vaccination rates are low, disease rates are high.

For herd immunity to be effective, as many people as possible must be vaccinated.

The efficacy of two doses of the measles vaccine given to infants is nearly 100 per cent.

However, due to the high infectivity of measles (each case may infect 12 to 18 others) at least 95 per cent of the population needs to be immunized to develop herd immunity.

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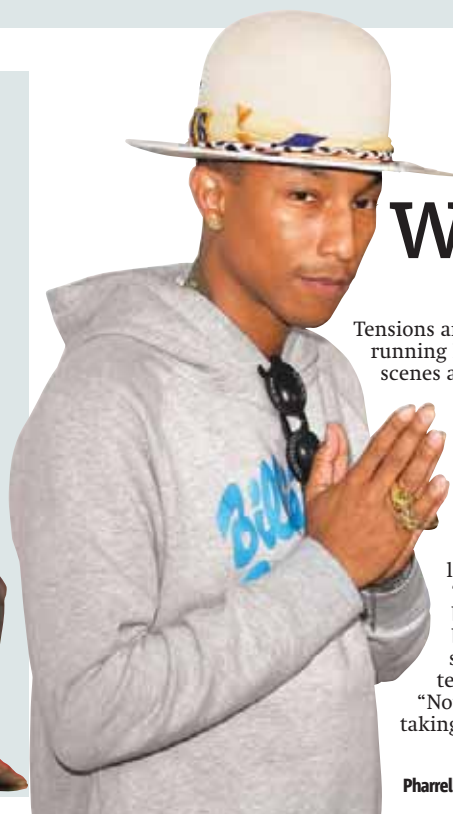


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Gossip

NED EHRBAR

METRO'S TAKE
ON THE WORLD
OF CELEBRITIES



Tensions are reportedly running high behind the scenes at *The Voice*, no matter how chipper the chair-spinners look on air. Adam Levine is apparently feuding with fellow judge Pharrell Williams, as Levine is "feeling shafted by Pharrell behind-the-scenes," a source tells Radar Online. "Not only is Pharrell taking the contestants

Pharrell ALL PHOTOS: GETTY IMAGES

Here's your hat, what's your hurry?

that Adam would have generally locked in with ease, but he is also a favourite among the production staff."

Ouch. Nobody wants to feel like the production staff's passing them over for the newer, more be-hatted model. According to the source, though, staff may have good grounds for not favouring Levine: "Adam is just jaded after doing it for so many seasons," the source adds. "Production staff are saying that not only does Adam act like an a-hole, but he is totally jealous of Pharrell, and this season has brought out his true colours."

Quoted



"This season has brought out his true colours."

A source says of Adam Levine

Dean and Food Network Chop ties

Canadian actor Dean McDermott and the TV series *Chopped Canada* are parting ways.

In a posting on Instagram, McDermott says he will no longer be host of the culinary competition show.

And in a statement, Shaw Media says McDermott will leave upon completion of season 2, which began Jan. 10 on Food Network Canada. McDermott didn't give a reason for the split, but said he's leaving "with a heavy

heart."

He also thanked the "great crew, judges and chefs" as well as Food Network Canada. **THE CANADIAN PRESS**

Dean McDermott



Sarah, that's a big name for a wee guy

OK, so some men apparently give their — ahem, members — nicknames. That's a thing. I guess.

But hey, I'm all for new opportunities for creativity. And you'd have to get pretty creative to top the name *Masters of Sex* star Michael Sheen gave his, at least if girlfriend Sarah Silverman is to be believed.

Completely unprompted, Silverman took to Twitter to announce, "My boyfriend named his penis. He named it 'The Great Christine Baranski.'" Which sounds like a mouthful, honestly.



Sarah Silverman and Michael Sheen

May the force be with Lego

The recently concluded first season of Disney XD's *Star Wars Rebels* was apparently just the beginning of the network's plans to bring the galaxy far, far away to the small screen. And their next trick sounds, dare I say, awesome. According to the Hollywood Reporter, we can soon look forward to *Star Wars: Droid Tales*, which will feature C3PO and R2D2 just after Return of the Jedi rehashing the first six films in the franchise over the course of five episodes set to air later this year. Oh, the whole thing is done with Legos, like *The Lego Movie*. Awesome.

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CSI: Cyber is not just about cops on laptops

Prime-time. Actor James Van Der Beek joins crime-fighting franchise to chase down online baddies

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Metro in Hollywood

Former Dawson's Creek star James Van Der Beek has joined the latest spinoff of the CSI franchise, CSI: Cyber. Here's why he wants fans to watch the show:

Because he's trying something new: I love to shake it up. I can't do just one thing for too long. I had a great time doing comedy. I did it for three years, I had two shows picked up and when I got this offer I thought maybe it is time to come full circle and come back to my dramatic roots and solve some crime.

Because come on, it's more CSI: Three letters motivated me: CSI. It's one of the big-

gest television franchises in the world, so to play a lead on something like that is a huge honour. I don't know what possessed CBS after my comedy work to think, 'Hey, we need somebody to kick some ass in the show, why don't we offer it to that guy?' But I'm really glad they did.

Because it's not just going to be cops with laptops: I mean, a show about four people staring at a screen for an hour is generally not the most engaging television. This is a blend of cybercrime-fighting technology and old-school techniques, because the computer stuff is really fascinating, but it all eventually manifests in the real world. Behind all the cybercrime is a real human being who lives in a real location and has a real door that may or may not need to be kicked down.

Because it's a frighteningly big subject matter: I thought I was pretty savvy about cybercrime, but after speaking to the experts who were advising the show, I realized I was



James Van Der Beek and Shad Moss speak during a CSI: Cyber panel in January. CSI: Cyber premieres Wednesday at 10 p.m. on CTV. GETTY IMAGES

completely in the dark — both fortunately and unfortunately. The well of cybercrime is bottomless, which for a storyteller is great because you never run out of storylines. I hope this show does enlighten people as to just how much this kind of crime can hap-

pen to you and what steps you might want to do to just be careful and be aware and hopefully prevent it.

Because he's finally FBI age-appropriate: I think, like, 10 years ago I wanted to play an FBI agent, but I just wasn't

old enough. I didn't look old enough, certainly, and it was a blessing. And then just when I least expected it, I got offered the FBI agent.

Because he's not Dawson anymore: In the last 10 years, I've grown up a lot. I've gotten

married, I've had kids and just really gained a lot of perspective and a lot of appreciation for being able to work in this industry and being able to provide for my family by doing it. I just have a lot bigger suitcase to reach into for my bag of tricks emotionally.

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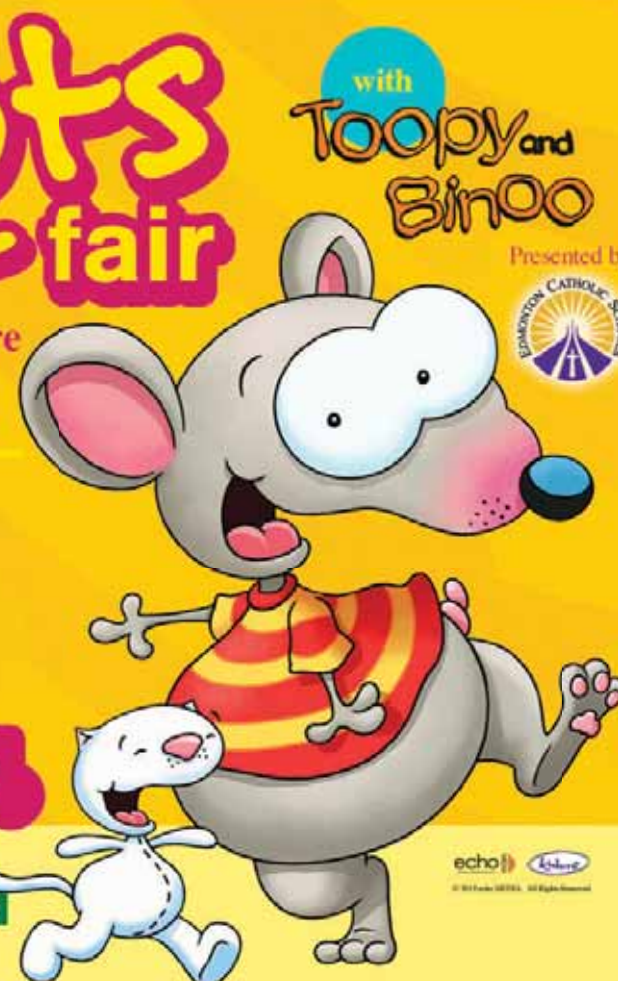
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3
LIFE

It's time to take on Belfast

City tour. With the Troubles behind it, Northern Ireland's capital is finding its groove

Belfast may seem an unlikely destination for tourists, associated as it is with the Catholic-Protestant conflict known as the Troubles. But the city has been transformed in recent years and is now a cosmopolitan place with plenty to see and do, much of it free.

Churches and street art

Visit Catholic and Protestant churches on Sunday. It's a free, safe, educational and potentially entertaining experience. You might even get a tour or lunch at someone's home. Ian Paisley's Martyrs Memorial, the Free Presbyterian Church of Ulster, is used to visitors at the 11 a.m. Sunday service and greets strangers with great hospitality. In Catholic west Belfast, the twin-spired St. Peter's Cathedral offers a half-dozen weekend masses, including evenings.

As you visit various neighbourhoods, you may see street murals with very different themes, ranging from Irish cultural and Catholic references, to depictions of Picasso's *Guernica* and expressions of solidarity with Palestinians and Cuban political prisoners. Murals in the Protestant loyalist heartland, called the Shankill, memorialize the community's commitment to Northern Ireland's union with Britain and the residents' Ulster-Scots culture. Graffiti and scribbles on a peace wall on Cupar Way include messages from tourists.

Titanic Quarter

Belfast has reconnected with the story of its most famous creation, the Titanic. The area surrounding the defunct



The Titanic House Visitor Centre is part of the area surrounding the now-defunct shipyard where the Titanic was built. THE ASSOCIATED PRESS

Irish music

- **For the cost of a pint.** Many pubs offer free traditional Irish music. Venues include Kelly's Cellars, tucked away in an alley in the city centre with a history going back centuries. A group called the United Irishmen met here in 1798 to plot a failed rebellion against the English.

shipyard where the ocean liner was built is now called Titanic Quarter. Various Titanic-themed attractions charge admission, but it costs nothing to marvel at the huge exterior of the Titanic Experience, which mimics the hulls of ocean liners. You can also walk on the huge slipways where the Titanic was built and launched in 1911. In what was once the docks area, you'll find memorial sculptures.



Street murals in various Belfast neighborhoods offer very different themes, ranging from Irish cultural and Catholic references, to depictions of Picasso's *Guernica*. THE ASSOCIATED PRESS

St. George's Market
Every Friday and weekend this

Victorian market offers a showcase for local crafters and food

stalls. A long-derelict landmark, St. George's Market was given a new lease of life with a multi-million redevelopment in 1997. It will cost you to buy souvenirs or indulge in an Ulster fry (a big breakfast heavy on meat and bread), but there are free samples along with free music and it's an ideal place to learn about local food.

University Quarter

The University Quarter remained a lively evening destination even in the darkest days of the Troubles. Next door to the majestic red brick Queen's University, founded by Queen Victoria, are the Botanic Gardens, with a glass house, a hot house, rose gardens and places where students can sunbathe between lectures. It's free, as is the Ulster Museum, which houses an ancient fish, the coelacanth, and the city's resident Egyptian mummy, Takabuti, among other treasures telling Ireland's story from prehistory to the present day.

THE ASSOCIATED PRESS

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Soup goes from lunch to dinner appetizer

Recipe. Mushroom Chowder is so versatile that it can be served as a dish while entertaining, or with a sandwich for your family members



DINNER EXPRESS
Emily Richards
food@metronews.ca

FLASH FOOD



From your fridge
to your table in
30 minutes or less

This soup makes plenty for a crowd as dinner appetizer, or to be enjoyed alongside a sandwich or salad for lunch.

You can also slurp it warmed up when you come home late, as my good friend Chef Tom Phuong, the man behind this recipe, does after a long shift at the Fairmont Royal York hotel in Toronto.

I love mushrooms and what they have to offer, and Tom's soup has a true mushroom flavour and really allows you to incorporate a nice variety of mushrooms.

I left the version I made a bit chunky.

But for a smoother texture, purée the soup in batches in blender and return it to the soup pot to add the remaining ingredients.

If you want to speed up



This recipe makes 10 servings of 1 cup (250 ml) each. EMILY RICHARDS

TOTAL TIME
ABOUT 35 MINUTES

Ingredients

- 2 pkgs (227 g each) button mushrooms
- 1 lb (454 g) shiitake mushrooms, stems removed for stock
- 8 oz (227 g) oyster mushrooms, tough stems removed for stock
- 1 small portobello mushroom cap, stem removed and gills scraped out
- 2 tbsp (30 ml) butter
- 1 shallot, diced
- 1 onion, coarsely chopped
- 1 leek, white part only, thinly sliced
- 1 stalk celery, chopped
- 1 tbsp (15 ml) chopped fresh thyme
- 1 tbsp (15 ml) chopped fresh tarragon
- 2 bay leaves
- 1/3 cup (75 mL) white wine
- 1/2 cup (125 mL) 35% whipping cream
- 1 1/2 tsp (7 ml) salt
- 1/4 tsp (1 ml) freshly ground black pepper

Mushroom Stock

- 2 cups (500 ml) shiitake and oyster mushroom stems
- 4 sprigs fresh thyme
- 2 sprigs fresh tarragon
- 1 leek, white and light green part only, chopped
- 1 stalk celery, coarsely chopped
- 1 onion, coarsely chopped
- 2 bay leaves
- 1 tsp (5 ml) whole black peppercorns
- 8 cups (2 l) water

the cooking process, omit the mushroom stock and use 8 cups (2 l) of homemade or store-bought sodium-reduced vegetable broth and adjust the seasoning to taste.

The Mushroom Chowder will easily keep refrigerated for up to three days, making it a great make-ahead soup.

Directions

1. Mushroom Stock: In a large pot, combine shiitake and oyster mushrooms stems, thyme, tarragon, leek, celery, onion, bay leaves and peppercorns. Pour in water and bring to a boil. Reduce heat and simmer for 20 minutes. Remove from heat and

let stand for 5 minutes. Strain stock through fine mesh sieve into another pot or large glass measuring cup, discarding the vegetables; set aside.

2. Meanwhile, thinly slice button, shiitake, oyster and portobello mushrooms; set aside. In soup pot, heat butter

over medium high heat and cook shallot, onion, leek, celery, thyme, tarragon and bay leaves, stirring often for about 10 minutes or until golden. Stir in wine until evaporated. Add mushrooms and pour in mushroom stock; cover and bring to a boil for about 15 minutes or until mushrooms

are tender. Remove bay leaves and using immersion blender, blend soup until smooth or to your desired texture. Stir in cream, salt and pepper, and heat until steaming.

metro

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Home Matters

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Fraudsters are using new high-tech scams to get your money. SHUTTERSTOCK

ID fraud expected to rise in 2015: Experts

High-tech. Criminals have become experts at online scamming

BRENT JOLLY
For Metro

While social insurance numbers, health cards or simply a name and address remain the timeworn treasures of identity thieves, industry experts expect the scale and complexity of scams will continue to rise in 2015, particularly in the digital world.

"Over the last few years we have seen a sharp increase in digital skullduggery," said Daniel Williams, a senior call-taker supervisor with the Canadian Anti-Fraud Centre (CAFC) in North Bay, Ont. "The Internet has helped scammers get information from consumers a lot cheaper and easier," he said. "Right now, the sky is the limit."

According to current CACF statistics, 11 of the top 20 kinds of fraud involve the Internet. Williams said the No. 1 fraud is what he calls the "Microsoft virus scan" scam.

In this case, fraudsters swindle unsuspecting computer owners by calling them and claiming to be from a company, such as Microsoft, who need to repair an error on your personal computer. Once they have access to your computer, your digital security has been compromised, Williams said.

"These scammers are incredibly skilled and a lot of ingenuity is put into their schemes. And they are richly rewarded for it."

Jennifer Fiddian-Green, a forensic accountant with Toronto-based Grant Thornton LLP, agrees with Williams. She said consumers need to be aware that identity theft and fraud have become significantly more complex.

In particular, Fiddian-Green

said many criminals are attempting to impersonate private business owners through emails to their own staff. For example, she said cybercriminals will send emails to chief financial officers, or whoever manages the company's corporate bank account, by pretending to be an executive who needs to wire money.

"These emails are remarkably assembled, personal and look exactly like real ones that would be sent within a firm," Fiddian-Green said.

Her best advice? Look for tell-tale signs in the email, such as an extra letter or period that is out of place. Be sure to ask questions to make sure you know who you are dealing with.

"A lot of what scammers are doing right now will continue to be successful," Williams said. "There is no reason to believe they will stop using techniques like phishing emails, or bogus websites."



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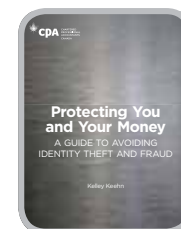
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The importance of an introvert in the office

Career. You may find an indispensable employee in the shy professional

JINGWEI
YAN
TalentEgg.ca

In the workplace, introverts are often compared to their more extroverted colleagues. People with extroverted qualities are often assumed to be more sociable and outgoing, while those with introverted qualities are seen as quiet and shy.

While these may initially seem like disadvantageous attributes, it is important to remember that these are just stereotypes.

Personalities are diverse, and there is always a way to use your qualities to an advantage.

This article will highlight instances where having and developing the qualities of introversion can help you excel in the workplace.

Creating the 'right' moment

Sometimes you may find yourself not speaking up because you're waiting for the "right" moment to jump in.

- Often, our perceived idea of the "perfect" moment never arises — there may be no natural pause in the conversation, and you may feel uncomfortable risking cutting off a colleague mid-sentence.

- Instead of passively waiting for your opportunity to chime in, create it. If you're in a meeting, catch the meeting leader's eye or raise your hand; if he or she gives you the go-ahead, seize your moment to speak. Combined with your effective listening skills, you will be able to distinguish yourself by contributing valuable insight to the team.

Listening skills

If you find speaking up in a group or a meeting uncomfortable, think of this as an opportunity to develop your listening skills. Listening skills are more than just the ability to hear and understand someone else's speech.

It involves your attention to body language and to what is not being said. In meetings, take detailed

notes and then offer the meeting leader your input in a quick one-on-one talk after the meeting.

This gives you the chance to not only establish a closer rapport but also offer well-considered feedback without the pressure of everyone's eyes on you.

Focusing

There is absolutely nothing wrong with wanting to

work alone.

If this is how you are most productive, others will respect that. After all, this is how you produce your best work.

There will always be projects that require teamwork.

For these instances, ensure each team member is assigned a role and a set of responsibilities, so that you can take your piece and work on it.

Just make sure you attend progress meetings and keep your teammates up to date on your work.


If your desk is in an open-plan office, consider wearing headphones as a visual sign to your colleagues that you are working.

Or if there is an empty conference room, take your laptop and coffee there. It would be best to block off the same time everyday so your colleagues become familiar with your schedule.


Of course, make sure this complies with management first.



The value of individual introversion in the workplace is often overlooked.
ISTOCK

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Your first move as mentor



Remember that mentoring is one of the best investments you can make in your career, with benefits that will take shape in more ways than one. ISTOCK

Career. You've finally landed that coveted position and now it's time to give back

So let's get started

While you're in the early stages of your career, chances are that your mentee will be similar to you in age and mindset. This will make it easier for an organic relationship to develop, allowing your mentee to more easily open up to you.

- Put yourself out there: Join special interest and industry network groups, place your name in your college or university's alumni directory, and make sure you have a LinkedIn profile that shows your alumni and employment information.
- Take initiative: Reach out to younger students from your school who have similar career goals, or offer to have a quick chat with the new employee or intern at work.

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So you've got that dream internship or full-time job, and you think you finally have a sense of where your career is headed. You may be tempted to sit back and relax — but hold on, the work's not over yet.

Seeing that you've just achieved a major career milestone, this is a critical opportunity for you to give back by becoming a mentor. Whether it's helping a younger student from your university or college, or a new intern at work, here are four reasons why mentoring others can move your career forward.

You'll become more 'well-rounded'

Mentoring is a chance to acquire valuable leadership skills in the early stages of your career. These skills include: giving constructive feedback,

communicating in a clear and concise way, and being decisive.

Developing these skills in a low-pressure environment will create multiple opportunities for learning, and will ultimately set you apart from your peers. As the relationship progresses, you'll also be able to ask your mentee for honest feedback that will allow you to further improve.

You'll see how other people solve problems

While guiding your mentee through a situation, you may notice that he or she finds a unique solution to an issue that you would have never arrived

at. Mentorship is a rare opportunity to gain a closer view into another person's perspective and decision-making process, and simultaneously learn from it.

You'll reflect on your own actions and learn from them.

As you mentor someone else, you'll likely provide candid advice based on your own successes and failures. Sharing your experiences will encourage you to reflect on the past and pinpoint what you may have done differently today. Along the way, you'll come to appreciate how your skills, maturity, and judgment have progressed.



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NHL

TSN issues on-air apology to Lupul, Phaneuf, Cuthbert

TSN has issued a public apology to Maple Leafs captain Dion Phaneuf, his wife Elisha Cuthbert and Toronto forward Joffrey Lupul after the all-sports network aired an inflammatory fan tweet about Cuthbert and Lupul during Monday's NHL trade deadline coverage.

The apology was read by host James Duthie on Sportscentre on Tuesday night and posted prominently on the network's website after Phaneuf, Cuthbert and Lupul sent a letter threatening legal action earlier in the day.

The insinuating tweet about Lupul and Cuthbert was included in an ongoing social media crawl at the bottom of the screen Monday. **THE CANADIAN PRESS**

'Hamburglar' humbled in St. Paul

Charlie Coyle scored the winner in a shootout, Matt Dumba had two goals in regulation and the Minnesota Wild beat Andrew Hammond and the Senators 3-2 on Tuesday night to stop Ottawa's five-game winning streak.

Devan Dubnyk made 31 saves and turned away Mike Hoffman in the fifth round of the shootout. Hammond, known as "The Hamburglar," made 36 saves but lost for the first time in six NHL starts. **THE ASSOCIATED PRESS**

Skip switch supplies successful shakeup

Curling. Team Canada's John Morris and Pat Simmons swap positions in win over NWT

John Morris shook up his team midway through the Canadian men's curling championship by demoting himself to third and handing the house to Pat Simmons to skip.

The first Team Canada to play in a Tim Hortons Brier doubled Jamie Koe of Northwest Territories 6-3 with the altered lineup Tuesday afternoon. They were 3-3 heading into the Brier's Battle of Alberta at night against the host province skipped by Kevin Koe.

After giving up four points in steals in a loss to Saskatchewan the previous evening, Morris suggested the switch.

"We just needed a spark. Something wasn't clicking," he said. "I think our best chance to win this is making that move."

"I thought our options were keeping doing what we're doing and go .500 at the Brier and sort of fade away into the sunset, or make a change and still try to win this thing."

Simmons has previous experience skipping teams at Briers, but he says the last



Team Canada's John Morris, left, and Pat Simmons discuss a shot during their 6-3 victory over the Northwest Territories in Calgary on Tuesday. **JEFF MCINTOSH/THE CANADIAN PRESS**

time he called the shots was in 2010.

"It wasn't in the master plan, that's for sure," Simmons said. "It's not everyone's wish to get halfway into the Brier (and change) when you haven't skipped in five years."

"The good news is I've skipped at this level before. It's just a matter of finding

Additional action

Go to metronews.ca for coverage of Tuesday's evening draw.



those skip legs and making a few draws under pressure."

When asked if the switch

would remain in place for the duration of the Brier, Simmons replied: "As far as I know, until I hear otherwise."

Northern Ontario's Brad Jacobs stayed undefeated and out in front at 6-0. The reigning Olympic champions flattened Adam Casey's young team from Prince Edward Island 11-1. **THE CANADIAN PRESS**

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Cyprus Cup Canada's last warm-up

World Cup looming.

Coach John Herdman's aim for final tournament before the big one is to nail down tactics, squad

Call it a dress rehearsal for this summer's Women's World Cup. Canada's women's soccer team plays Scotland on Wednesday to open the Cyprus Cup, the final tournament before this summer's World Cup in Canada, and one last chance says coach John Herdman, to test out tournament strategies.

"It's a serious time and this tournament is an important step for us," Herdman said on a conference call Tuesday. "It's just the fact that you're going from game to game (in a tournament format), and with that you have all your recovery strategies, mental, physical, you have to be slick with your scouting processes, and bringing together the information that has to be passed on and how that transfers from the staff to the players."

Herdman is fielding a mix of veterans for the tournament, including Christine Sinclair, Karina LeBlanc, Erin McLeod and Melissa Tancredi, as well as rising stars Kadeisha Buchanan and Janine Beckie. With each passing game, he said, he gets that much closer to cementing his roster for the World Cup, which kicks off in three months.

"We haven't written anyone off. There's still opportunities and the door is always open," Herdman said. "But every time I pick a squad now, getting closer to the tournament, we get a clearer picture."

The notable absences are Diana Matheson and Lauren Sesselmann. Matheson, who scored the lone goal in Canada's 1-0 bronze-medal victory over France at the 2012 London Olympics, tore her anterior cruciate ligament in late October, while Sesselmann tore her ACL a year ago. The Canadian women are on a roll. They're undefeated in their past six games, which included three victories en route to winning the Bao'an Cup earlier this year in China.

Decisions decisions

"We haven't written anyone off. There's still opportunities and the door is always open. But every time I pick a squad now, getting closer to the tournament, we get a clearer picture."

Canada women's soccer team coach John Herdman

Canada has won the Cyprus Cup three times, and will be gunning for its first title since 2011. Canada finished second in Group A in last year's event and were relegated to the fifth-place match where they beat Ireland 2-1.

Following their match against Scotland, the Canadians will face South Korea on Friday. They'll wrap up Group A play on Monday versus Italy in Nicosia. Herdman said Canada will play five friendlies after the Cyprus Cup and prior to the opening of the World Cup on June 6.

THE CANADIAN PRESS



Kadeisha Buchanan, a 19-year-old defender from Toronto, will get a chance to shine with Canada at this month's Cyprus Cup. RICHARD LAM/GETTY IMAGES

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AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



Horoscopes by Sally Brompton

Aries

March 21 - April 20

A couple of days from now you will have to start making more of an effort, especially on the work front, but today and tomorrow almost everything will come easy to you.

Taurus

April 21 - May 21

Someone will expect you to live up to the inflated image they have of you but if you try, you may fall flat. Be who you are and insist that everyone takes you as they find you.

Gemini

May 22 - June 21

Honesty is the best policy today, even if it means you hurt someone's feelings by calling it as you see it.

Cancer

June 22 - July 23

Make an effort to get out and meet as wide a range of people as possible. You may not like everyone you encounter but each one of them will have something worth hearing.

Leo

July 24 - Aug. 23

Can you adapt? It may not come easy to you but it's a must today as Uranus, planet of changes, is so strong in your chart. All changes will be good for you, so embrace them.

Virgo

Aug. 24 - Sept. 23

Don't waste time getting others' opinions about what you intend to do. Just get on and do it and let the chips fall where they will.

Libra

Sept. 24 - Oct. 23

Today's links between Venus, your ruler, and Jupiter and Uranus will encourage you to see the best in all people — not just the ones you like.

Scorpio

Oct. 24 - Nov. 22

Make an effort to tie up loose ends because come the weekend there will be new challenges to tackle and the last thing you want is old plans and projects holding you back.

Sagittarius

Nov. 23 - Dec. 21

If life has been a bit dull of late, spice things up. Some people will remind you that these are serious times but that just makes laughter more valuable.

Capricorn

Dec. 22 - Jan. 20

If you have something to say make sure you say it loud and clear. Don't worry that by speaking your mind you might damage your career prospects — it's a risk worth taking.

Aquarius

Jan. 21 - Feb. 19

Yes, you can turn your dreams into realities. With Uranus, your ruler, linked to values planet Venus today you only have to put a name to your desires to see them come true.

Pisces

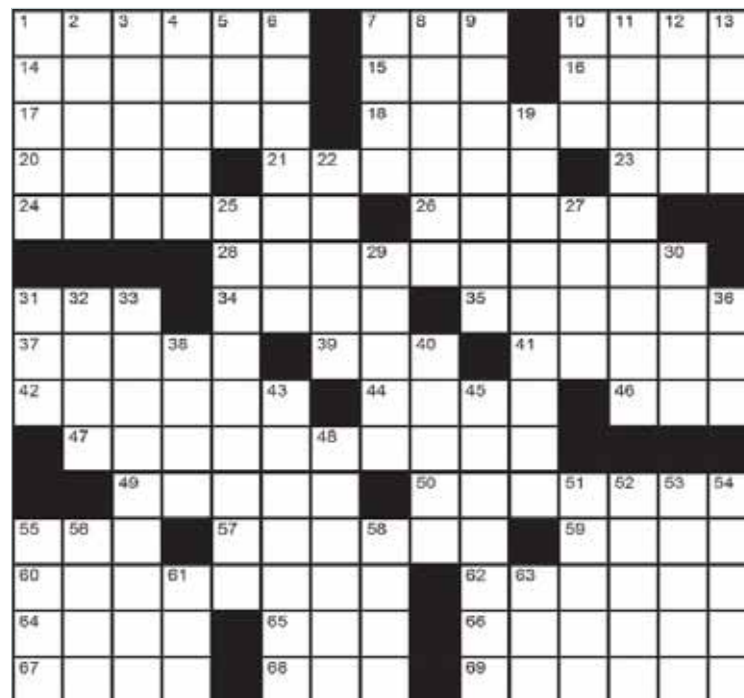
Feb. 20 - March 20

If you don't like the way those around you are doing things speak up about it, especially if you fear their mistakes could cost you money.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Ready-made, commonly
7. Electrical resistance unit
10. Goulash
14. Royal ___ (Canadian real estate company)
15. Mens ___ (Criminal intent, in law)
16. Cycled
17. Lacking standards
18. Brings up somebody's name
20. Taylor Swift's "All You Had ___ Was Stay"
21. Halifax-born actress Ms. Braganza
23. Arm drawing, commonly
24. Darling
26. H's spelling
28. La La La ___ (Founded in 1980, Canadian contemporary dance company known for its unique choreography)
31. Leningrad's lang.
34. Internet pub.
35. Under the weather
37. Jessica of "Gossip Girl"
39. Tasty tuber type
41. ___ Canada (Aluminum company)
42. Mints brand: 2 wds.
44. Sluggish
46. PC information units



47. "Welcome to My Life" band from Montreal: 2 wds.
49. 'E' of literary monogram TSE
50. Trinkets-displaying furniture piece
55. Adjust
57. Split-causing rift
59. Amongst
60. "Knock it off!": 2 wds.

62. Lunch hour activity
64. Mr. Eisenberger, Mayor of Hamilton
65. "Bambi" (1942) character
66. Strongly against
67. Chuck
68. US tax ID
69. To a ___ extent

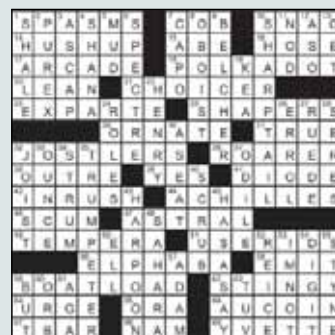
2. Tend to the lawn some more
3. Lyric poem
4. Denmark's ___ Islands
5. Palindromic honorific
6. Antwerp's country
7. Elm: French
8. ___ Blaikie, former Canadian law firm
9. Single-named

- contemporary Christian singer who was an "American Idol" contestant in 2006
10. Lanka's lead
11. Hors d'oeuvre piercer
12. Dame Everage link
13. Kim Kardashian ___
19. Manitouwadge, Ontario-born actress Ms. Jones of CBC's

"Strange Empire"

22. Catriona ___ Doan, Canadian Olympian/broadcaster
25. "The Marilyn Denis Show" expert Joe Rich, Family ___
27. Particular phone
29. Audibly astounded
30. Highbrow
31. Q-U's middle
32. Submachine gun types
33. Clubs and civilizations
36. Car's consumption
38. WWW code
40. Titles for French misses [abbr.]
43. Bells: French
45. Porridge
48. Mr. Hawke's
51. Backyard entrances
52. Gulf leaders, variously
53. Washing cycle
54. Border-defining gardening tool
55. Floor plan measuring unit, briefly: 2 wds.
56. 12-star coin
58. Q. "Canadian" ...is ___ adjective?"
- A. "Yes, but also a noun."
61. QB's feats
63. ___ Carling in Ottawa, e.g.

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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CITY: 9.7L/100 KM*

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@/TM The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. *Dealer Invoice Price of \$14,558/\$16,275/\$23,286/\$27,381/\$30,315 available on all new 2015 Accent 5-Door L 6-speed Manual/Elantra L 6-speed Manual/Tucson GL FWD Manual/Santa Fe Sport 2.4L FWD/Santa Fe XL FWD models and includes price adjustments of \$636/\$719/\$473/\$1,313/\$1,479. Prices include Delivery and Destination charges of \$1,595/\$1,595/\$1,760/\$1,795/\$1,795. Prices exclude registration, insurance, PPSA, fees, levies, license fees, applicable taxes and dealer admin. fees of up to \$499. Fees may vary by dealer. Delivery and Destination charge includes freight, P.D.E. and a full tank of gas. *The customer prices are those reflected on the dealer invoice from Hyundai Auto Canada Corp. The dealer invoice price includes a holdback amount for which the dealer is subsequently reimbursed by Hyundai Auto Canada Corp. †Price adjustments of up to \$636/\$719/\$473/\$1,313/\$1,479 available on all new 2015 Accent 4-Door L Manual/Elantra Sedan L Manual/Tucson GL FWD Manual/Santa Fe Sport 2.4L FWD/Santa Fe XL FWD models. Price adjustments applied before taxes. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. ‡Leasing offer available O.A.C. from Hyundai Financial Services based on a new 2015 Accent 5-Door L 6-speed Manual/Elantra L 6-speed Manual/Tucson GL FWD Manual/Santa Fe Sport 2.4L FWD/Santa Fe XL FWD with an annual lease rate of 0%/0%/0.9%/1.9%/3.99%. Bi-weekly lease payment of \$67/\$75/\$119/\$149/\$178 for a 60-month walk-away lease. Down Payment of \$0 and first monthly payment required. Total lease obligation is \$8,710/\$8,450/\$15,470/\$19,370/\$23,140. Lease offer includes Delivery and Destination of \$1,595/\$1,595/\$1,760/\$1,795/\$1,795. Lease offer excludes registration, insurance, PPSA, fees, levies, license fees, applicable taxes and dealer admin. fees of up to \$499. Fees may vary by dealer. \$0 security deposit on all models. 20,000 km allowance per year applies. Additional charge of \$0.12/km. †Finance offers available O.A.C. from Hyundai Financial Services based on a new 2015 Accent 5-Door L 6-speed Manual/Elantra L 6-speed Manual/Tucson GL FWD Manual/Santa Fe Sport 2.4L FWD/Santa Fe XL FWD with an annual finance rate of 0% for 84/84/60/60/60 months. Bi-weekly payments are \$80/\$89/\$179/\$211/\$233. \$0 down payment required. Cost of Borrowing is \$0. Finance offers include Delivery and Destination of \$1,595/\$1,595/\$1,760/\$1,795/\$1,795. Finance offers exclude registration, insurance, PPSA, fees, levies, license fees, applicable taxes and dealer admin. fees of up to \$499. Fees may vary by dealer. ††Prices of models shown: 2015 Accent GLS Auto/Elantra Limited/Tucson Limited AWD/Santa Fe Sport Limited AWD/Santa Fe XL Limited AWD are \$21,144/\$26,794/\$35,759/\$41,444/\$45,094. Prices include Delivery and Destination charges of \$1,595/\$1,595/\$1,760/\$1,795/\$1,795, levies and all applicable charges. Prices exclude registration, insurance, PPSA, license fees and dealer admin. fees of up to \$499. Fees may vary by dealer. ‡Fuel consumption for new 2015 Accent GLS (HWY 6.3L/100KM; City 8.9L/100KM); 2015 Elantra Limited (HWY 6.7L/100KM; City 9.7L/100KM); 2015 Tucson Limited AWD (HWY 9.3L/100KM; City 11.6L/100KM); 2015 Santa Fe Sport Limited AWD (HWY 9.8L/100KM; City 12.9L/100KM); 2015 Santa Fe XL Limited AWD (HWY 9.7L/100 KM; City 13.0L/100 KM) are based on Manufacturer Testing. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. ‡The Hyundai Accent/Elantra received the lowest number of problems per 100 vehicles among small/compact cars in the proprietary J.D. Power 2014 Initial Quality Study™ (IQS). Study based on responses from 86,118 new-vehicle owners, measuring 239 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of owners surveyed in February-May 2014. Your experiences may vary. Visit jdpower.com. ▲Government 5-Star Safety Ratings are part of the U.S. National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). ††0*Offers available for a limited time and subject to change or cancellation without notice. Dealer may sell for less. Inventory is limited, dealer order may be required. Visit www.hyundaincanada.com or see dealer for complete details. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions. Dealers are licensed under the Fair Trading Act.